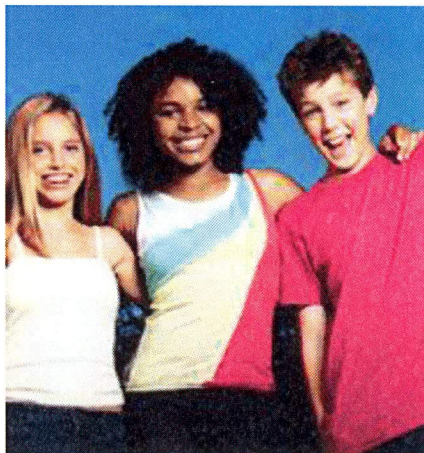


## Do you have a preteen or teen? Protect them against serious diseases!



Leaving their lunch at home, forgetting to get a permission slip signed, suddenly needing a ride somewhere after school... you knew there would be days like this. But did you know that as they get older, girls and boys are at increased risk for some infections. Also, the protection provided by some childhood vaccines begins to wear off. Immunizations can help protect your kids, as well as their friends, community, and other family members around them like babies or grandparents.

There are four vaccines recommended for preteens and teens. All kids should get a flu vaccine every year, and the three other vaccines should be given starting when kids are 11 to 12 years old. If you have an older kid like a teen, it's not too late to get shots they've missed.

Your teen may also need a booster of a vaccine that needs more than one dose. You can use any office visit, like an appointment for camp or sports physicals, to ask your doctor, nurse, pharmacist, or clinic about the shots your kids need, including:

- **Tdap vaccine**, which is a booster against tetanus, diphtheria, and pertussis. Pertussis, or whooping cough, can keep kids out of school and activities for weeks. It can also be spread to babies, which can be very dangerous.
- **Meningococcal vaccine**, which protects against meningococcal disease. Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis (a serious infection around the brain and spinal cord) and its complications.
- **HPV vaccine**, which protects girls and women against the types of HPV that most commonly cause cervical cancer. HPV vaccine can also help protect boys against genital warts and anal cancer.
- **Influenza (flu) vaccine**, because even healthy kids can get the flu, and it can be serious. All kids, including your preteens and teens, should get the flu vaccine every year.

For families with health insurance, all or most of the cost of vaccines is usually covered. For families without insurance, children age 18 and younger may be eligible to get the vaccines at low or no cost through the Vaccines for Children program (VFC). You can find out more about the VFC program, or about vaccines for preteens and teens, by visiting <http://www.cdc.gov/vaccines/teens> or by calling 1-800-CDC-INFO.

So talk with your doctor, nurse or clinic, and learn more about these important vaccines to protect your kids. Because preteens and teens are looking to you—not just to bring them the lunch they forgot, or to give them the ride they need—but also to help protect their health.

This document can be found on the CDC website at:

<http://www.cdc.gov/vaccines/who/teens/resources/downloads/matte-vaccines-preteens.doc>